

Multicultural Institute

MI Links

Neighborhood Bulletin

August 2017



MULTICULTURAL
INSTITUTE



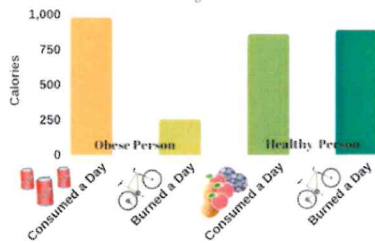
Say NO to Sugar-Sweetened Beverages

MI would like to remind you to stay away from sugar-sweetened beverages. Drinking beverages with added sugar contributes to many health issues including obesity, diabetes, and tooth decay. Remember to drink water and exercise!



Obesity Fact:

Obesity occurs when a person eats more calories than his or her body burns up by exercise or normal daily activities.



In collaboration with



Health Fair 2017

MI will be hosting a Health Fair on **Sunday, October 15** to promote wellness and healthy-living. For more information, call Josue at (510) 847-8714.

For more information,
Contact us at:

www.mionline.org
(510) 848-4075



Naturalization Course in Spanish

In July, the Multicultural Institute began instruction on its first Citizenship Course. To address the current political climate for the immigrant community, MI is dedicated to walking eligible green card holders through the entire Naturalization process. The 5-week course is taught completely in Spanish, for individuals that are exempt from the English language requirement, and helps students prepare for the interview. MI hosted two Naturalization Clinics with immigration attorneys present, to answer questions, ease any concerns, and provide one-on-one consults for each student. The course ended on August 5th, and had a total of 14 students. Inquire in our office about our next course!



Youth Writing Festival 2017

MI's Youth Writing Festival (YWF) came to a close on July 14, wrapping up a four-week program dedicated to the art of writing. The program aims to counterbalance the learning gap that arises when students are out of school in the summer months, where they are given the opportunity to explore different styles of writing, STEAM subjects hands-on activities and field trips. The students' accomplishments were highlighted in an anthology of their written work and during a closing ceremony where parents were invited to celebrate their children's work. MI's 2017 summer youth program had a total of 60 students and 13 tutors.



GED Preparation Course in Spanish



MI is one of the very few organizations in the Bay Area that offers General Educational Development (GED) preparation courses in Spanish. The course is easily accessible for individuals as it is offered Friday evenings and Saturday mornings, to accommodate students that continue to work full-time. The five-week course provides students

with basic education for the current GED computer based test. The GED course is offered 4 times a year, call MI to sign up for the next course that starts November 3!